Scripts and Keys

Unit 1 At the Bakery

Listening

Task 5

Script:

(*M = man, W = woman*)

M: Can I help you?
W: I'd like to order a birthday cake.
M: Which one would you like?
W: Umm…, that one on the right there.
M: What words would you like on it?
W: Happy Birthday Paul.
M: Sure. It will be ready in 20 minutes.
W: OK, I'll be back then.
(*20 minutes later*)
W: Hi, I'm here for the cake.
M: Here it is.
W: Could you please pack it in a box for me?
M: Sure. Do you need a bag too?
W: No, that's OK. Thanks.

Key: 1) A birthday cake. 2) Happy Birthday Paul.
3) 20 minutes. 4) In a box. 5) No.

Task 6

Key: 1) muffins 2) melted butter 3) teaspoon
4) sugar 5) walnuts

Practical Reading

Passage 1 Bread

译文

面 包

面包是一种主食，由面粉加水揉成的面团加工制成，还可以添加更多的其他成分。在西方（还有许多其他国家），生面团通常用于烘烤，但在另外一些菜系中有蒸馒头、炸面团或烙锅饼。用于加工的面团可能是发面的或死面的。通常使用的添加料有盐、油脂以及酵母和小苏打等发酵剂。当然，面包还可以添加牛奶、鸡蛋、糖、香料、水果（如葡萄干）、蔬菜（如洋葱）、坚果（如核桃）或籽（如芝麻籽）等。面包是最古老的加工食品之一，可追溯到新石器时代。发酵面包的发展也有可能追溯到史前时代。

新鲜面包因它的口味、香气、品质和口感而受到欢迎。面包的新鲜度决定了它的口感。超过最佳食用期而变硬或变干了的面包就成了不新鲜的陈面包。用纸、塑料薄膜或面包盒等包装可以延长面包的保鲜期。面包在温暖潮湿的环境中很容易发霉。面包在低温下保存，如放在冰箱里，滋生霉菌的速度要比在室温下保存时更慢。然而，由于家用冰箱的空气湿度低，放置在冰箱里的未包装的面包更容易不新鲜。

英语中Crumb一词对面包师和专业面食人员来说是指面包里面的松软部分，而对一般人来说则是指面包屑，两者不能混淆。面包外表的硬皮在英语中叫Crust。

Task 7

Key: 1) We need flour, water, salt, fat and leavening agents.
2) It should be wrapped in paper or plastic film, or stored in a container such as a breadbox to keep it fresh longer.
3) The development of leavened bread can probably be traced to prehistoric times.
4) The soft, inner part of bread is known as the *crumb* and the outer hard portion of bread is called the *crust*.

Task 8

Key: 1) freshness 2) stale 3) mold
4) humidity 5) crumb, crust

Passage 2 Bread Processing

译文

面包加工程序

生产面包涉及以下操作程序：

1. **气动风筛机**

面粉流入风筛机，以除去障碍物质，然后由气力输送系统送入混合机进料斗。

2. **混合**

用面粉加水再添加酵母、糖、盐、添加剂等物料制成面团。这种混合机有高低两档速度。对于大规模生产，宜用高速卧式混合机。面团在室内发酵2～4小时后，再次进行搅拌。

3. **面团分切机**

将混合好的面团过秤后由本机进行分切。

4. **面团搓圆机**

过秤和分切之后的面块，由面团分切机的输送带传送，并由本机进行搓圆。

5. **面团发酵机**

搓圆后的面团在本机内于理想条件下进行发酵，面团在斗式传送机传送中，发酵大约15分钟。

6. **面团成形机**

发酵过的面团由滑槽传送，并由本机进行成形。

7. **二次发酵室**

烤盘上已膨松的面团被送往本发酵室，此室的温度为摄氏38度到40度，湿度为80%～85%。

8. **烤炉**

发酵好的面团在此烤炉中进行烘烤。

9. **冷却输送机**

烤好的面包由本机边输送边冷却。

10. **切片机和包装**机

对冷却后的产品进行自动切片和包装。

Task 10

Key: a-7, b-4, c-1, d-5, e-9, f-2, g-10, h-8, i-3, j-6

Task 11

Key: 1) 面粉流入风筛机，以除去障碍物质，然后由气力输送系统送入混合机进料斗。
2) 过秤和分切之后的面块，由面团分切机的输送带传送，并由本机进行搓圆。
3) 搓圆后的面团在本机内于理想条件下进行发酵，面团在斗式传送机传送中，发酵大约15分钟。
4) 烤盘上已膨松的面团被送往本发酵室，此室的温度为摄氏38度到40度，湿度为80%～85%。
5) 烤好的面包由本机边输送边冷却。

Unit 2 A Dairy Co.,Ltd.

Listening

Task 5

Script:

(Tanya is the boss of an ice cream company. She is talking with her marketing manager Carla about the promotion of their new product.)

Tanya: So, Carla, have you come up with a promotion plan for our new ice-cream sandwich?

Carla: Yes, I have. Our strength is the quality of the ice-cream, and there's always a good market opportunity for the novelty of a choice of flavors. No other company sells ice-cream sandwiches with a choice of 5 flavors.

Tanya: I assume we don't need to worry about creating a need, with summer almost here.

Carla: Right. As for the marketing mix, we'll package it in gold foil to simulate chocolate, and price it 20% higher than our chocolate-covered ice-cream bar. The main promotion will be through advertising. We haven't finalized our ads yet, so I'll have to let you know about it. Can we meet again sometime early next week?

Tanya: Sure we can. Let me check ... how about Tuesday morning at 10:30?

Carla: Uh, let's see ... okay with me.

Key: 1) our new ice-cream sandwich
2) a choice of 5 flavors
3) our chocolate-covered ice-cream bar

Task 6

Script:

DRex, a pioneer in the dairy industry, is eyeing up new opportunities for qualified milk in both domestic and overseas markets. China Daily reporter Han Tianyang interviewed Dai Shiwei, president of DRex Dairy Industry Co. Ltd., to find out his ideas for the market and the company's future plans.

What's the primary reason that you founded DRex? Why did you choose to enter the industry by investing in dairy farms instead of milk factories?

Everyone knows that in general profit margin is higher in the upstream of an industrial

chain than in the downstream. But I think for me to have a career that I am proud of was more important and more difficult than to make money.

Key: 1) F 2) T 3) T 4) F 5) T

Practical Reading

Passage 1 Do You Like Yogurt?

译文

你喜欢酸奶吗？

酸奶是一种牛奶经过细菌发酵制成的奶制品。乳糖发酵产生乳酸，它和乳蛋白发生反应，形成了酸奶的质地和独特的气味。大豆酸奶，是由豆奶做成的一种非乳制酸奶。

在杂货店里通常会发现两种酸奶，即凝固型酸奶和瑞士风格酸奶。凝固型酸奶有水果放在奶杯底部，而酸奶在其上；瑞士风格酸奶先将水果和酸奶混合，然后装杯。

至少4 500年前人们就开始制作和饮用酸奶。当今，它是一种世界各地常见的食品。这是一种独特的有益健康的营养食品。它富含蛋白质、钙、核黄素、维生素B6和维生素B12。它的营养价值已超越牛奶。乳糖过敏的人可饮用酸奶，因为牛奶中的乳糖由细菌培养转化为乳酸。乳糖含量的降低让乳糖过敏的人不必自己去处理乳糖。

酸奶具有药用价值，特别是对各种胃肠道病症，以及预防抗生素相关性腹泻都有效果。酸奶被认为有促进牙龈健康的作用，可能是因为它的乳酸益生菌作用。一项研究还发现，食用低脂肪酸奶可以促进减肥。

Task 7

Key:
1) Yogurt is a dairy product obtained by bacterial fermentation of milk.
2) The set type yogurt is the yogurt packaged with the fruit on the bottom of the cup and the yogurt on top. The Swiss style yogurt is the yogurt in which the fruit is blended into the yogurt prior to packaging.
3) For at least 4 500 years.
4) People who are moderately lactose-intolerant can enjoy yoghurt without ill effects, because the lactose in the milk is converted to lactic acid by the bacterial culture.
5) Yoghurt has medical uses, in particular for a variety of gastrointestinal conditions, and in preventing antibiotic-associated diarrhea.

Task 8

Key:
1) Fermentation
2) protein, calcium, riboflavin, vitamin B_6, vitamin B_{12}
3) lactose-intolerant
4) antibiotic-associated
5) probiotic

Passage 2 Processing Steps in Yogurt Production

译文

酸奶生产加工步骤

1. 调整牛奶的成分并加入各种配料

我们可以调整牛奶的成分，以达到预期的脂肪和固形物含量。通常通过添加乳粉来提高乳清蛋白量，以达到理想的质地。包括稳定剂的其他成分可以在这个时候添加。

2. 巴氏消毒牛奶

牛奶混合物在华氏185度（摄氏85度）下进行30分钟，或在华氏203度（摄氏95度）下进行10分钟的巴氏杀菌。高热处理用于改变乳清蛋白的性质。这使得蛋白质形成一个更稳定的凝胶，可防止贮藏期间的水分离。高热处理也进一步降低了牛奶的腐败微生物的数量，给发酵剂的生长提供一个更好的环境。酸奶在发酵剂添加之前进行巴氏消毒，以确保在发酵后保持酸奶中益生菌的活性；如果酸奶发酵后进行高温消毒益生菌将失去活性。

3. 均匀搅拌

完全均匀混合各种成分，达到2 000至2 500psi（磅/平方英寸），提高酸奶的黏稠度。

4. 冷却牛奶

牛奶冷却至华氏108度（摄氏42度），使酸奶的发酵剂达到一个理想的生长温度。

5. 加入发酵剂

将发酵剂混合到冷却的牛奶中。

6. 静放

牛奶在华氏108度（摄氏42度）下静放达到4.5的pH值。这样保障发酵的进展，形成软凝胶的酸奶口味特色。这个过程可能需要几个小时。

7. 冷却

酸奶冷却到摄氏7度停止发酵。

8. 添加水果和香料

不同风格的酸奶，有不同的水果和香料添加方法。对于凝固式酸奶，首先把水果添加在杯子的底部，然后将含益生菌的酸奶倒入杯中进行发酵。对于瑞士式酸奶，先将水果与发酵的冷却酸奶混合，然后再装杯。

9. 包装

酸奶从发酵缸里泵出，根据不同需要进行包装。

Task 10

Key: a-4, b-6, c-8, d-9, e-5, f-1, g-2, h-3, i-7

Task 11

Key: 1) 通常通过添加乳粉来提高乳清蛋白量，以达到理想的质地。包括稳定剂的其他成分可以在这个时候添加。

2) 高热处理也进一步降低了牛奶中的腐败微生物的数量，给发酵剂的生长提供一个更好的环境。

3) 酸奶在发酵剂添加之前进行巴氏消毒，以确保在发酵后保持酸奶中益生菌的活性；如

果酸奶发酵后进行高温消毒益生菌将失去活性。

4) 完全均匀混合各种成分，提高酸奶的黏稠度。

5) 牛奶在华氏108度（摄氏42度）下静放达到4.5的pH值。这样保障发酵的进展，形成软凝胶的酸奶口味特色。

Task 13

Key: 1) acid 2) rennet 3) natural 4) process 5) proteins
6) acidification 7) enzyme 8) industry 9) textural 10) shelf life

Unit 3 Welcome to Meijia Seafood & Meat

Listening

Task 5

Script:

(In a seafood factory)

Visitor: Good morning!

Receptionist: Good morning!

Visitor: There are so many kinds of seafood. Would you like to introduce some of them to me?

Receptionist: Certainly.

Visitor: What are there in these boxes?

Receptionist: In the first box, there is some fresh hairtail.

Visitor: Then in the second box?

Receptionist: Some shrimp.

Visitor: Is that some instant kelp packed in bags over there?

Receptionist: Yeah. It is some processed seafood.

Visitor: Oh. It is very beneficial to our health.

Receptionist: That's right. There's also some processed seafood. Such as smoked salmon and dried cuttlefish.

Visitor: Great. I'll buy some. Thank you very much.

Receptionist: My pleasure.

Key: 1) seafood 2) fresh 3) shrimps 4) processed 5) smoked

Task 6

Script:

Meat on the bone, also called bone-in meat is meat that is sold with some or all of the bones included in the cut or portion, i.e. meat that has not been filleted. The phrase "on the bone" can also be applied to specific types of meat, most commonly ham on the bone, and to fish. Meat or fish on the bone may be cooked and served with the bones still included or the bones may be removed at some stage in the preparation.

Examples of meat on the bone include T-bone steaks, chops, spare ribs, chicken leg portions and whole chicken. Examples of fish on the bone include unfilleted plaice and some cuts of salmon.

Meat on the bone is used in many traditional recipes.

Key: 1) F 2) T 3) T 4) F

Practical Reading

Passage 1 The Vital Nutrients in Meat

译文

肉制品的主要营养成分

营养对人体健康起着最基础且至关重要的作用——没有营养，我们就无法存活，而肉食为人体提供的营养质量尤其高。这是由于肉质的构造和人体的构造非常相似，因此肉中的大部分成分不需要经过复杂的转化和新陈代谢，人体就能吸收。肉食（包括火腿肉）向人体提供三种关键营养成分：蛋白质、脂肪和碳水化合物。

蛋白质是人体所需的重要营养来源。人体需要不断补给一定量的蛋白质以生产肌肉、血液和身体其他重要元素。每天人体会消耗约13到17克蛋白质，因此每天需要摄入30到40克的蛋白质，储备起来以均衡每天蛋白质的消耗。我们所摄取的蛋白质大约35%来源于肉食和肉类制品。

瘦肉（包括火腿肉）具有约18%–22%的蛋白质含量。100克火腿含大约20克的纯蛋白质。肉食含有多种B族维生素。其他食物都不能像肉食一样这么多量地提供如此多种的B族维生素。例如，猪肉是维生素B1的最佳来源。只有动物肉类食品中含有维生素B12，如猪肉、牛肉和牛仔肉。特别值得一提的是肉中镁的含量很高，镁对神经和肌肉反应是大有益处的。肉食还富含钾，钾具有支持心脏和骨骼肌的功能。

肉食是铁元素的重要提供者。其他食物所含铁的数量和质量都远不如肉食那么多那么好。拿火腿肉来说，随时提供高质蛋白质就能保证铁的有效吸收。

锌的作用也是如此，使肉食也成为一种特别重要的锌元素来源。肉还含镁、钾、钙、磷，也含有一定数量的人体所必需的其他微量元素，如硒、锰、碘、铬、铜等。

食用肉制品总是能以简单方式为人体提供几乎所有重要的营养成分。

Task 7

Key: 1) This is due to the fact that its composition is very similar to that of the human body.
2) Meat provides the three key nutrients of protein, fat and carbohydrates.
3) A daily intake of at least 30 to 40g of highly-quality protein is required to balance out these losses by building up new reserves.
4) selenium, manganese, iodine, chromium, copper, etc.

Task 8

Key: 1) vital 2) similar 3) undergo
4) generate 5) supports

Passage 2

译文

海 苔 是 什 么

海苔是紫菜属（红藻）的各种食用海藻的日本名字，有时称作紫菜。海苔这一词通常也用来指那些用“海菜”生产的食品。

历史

有关海苔的最古老的描写可追溯到大约公元8世纪。1867年“海苔”这一英文单词第一次出现在一个英文出版物，也即由詹姆斯·C·赫本编撰的“日英字典”。

20世纪60年代受长寿运动的影响，70年代又因为越来越多的寿司店和日本餐馆的出现，“海苔”一词在美国开始广泛使用，海苔产品 (从日本进口的干海带)在天然食品店和亚裔美国人杂货店里热销。

生产

当今生产和加工海苔的方法是一种相当先进的农业生产方式。海苔种植在海上进行，海苔挂在悬浮在海面上的网上生长，养殖工人在船上进行生产作业。海苔生长迅速，从“播种”到第一次收获大约需要45天。

今天，这种商品经过种植、加工、烘烤、包装后，以大约18厘米×21厘米 (7英寸×8英寸) 标准尺寸的海苔条片出售。高质量的海苔厚而光滑、有光泽、颜色为绿色，上面没有孔洞。储存几个月后，海苔片颜色可由绿色变为深棕绿色。

日本、韩国和中国是目前主要的海苔生产国家，每年的生产总值高达20亿美元。美国市场上有几种等级的海苔出售。最常见的，也是最便宜的海苔，是从中国进口的，每片价格大约为6美分。

用途

海苔通常用来包寿司卷，这是一种大米卷，上面配上鱼肉等其他配料，它也是制作面条和羹汤的常用的配菜和调味品。食用之前海苔通常要经过烘烤。经过烘烤的风味海苔是很常见很受欢迎的海苔二次加工食品，加工过程中，结合烘烤方法，添加各种调味配料（虽各有不同，但通常为日式的酱油、香料和食糖，或韩式的芝麻油和盐）。

营养

海苔富含维生素A、B、C1、碘、蛋白质、纤维素和胡萝卜素等营养，也富含钙和铁。

Task 10

Key: a-7, b-6, c-4, d-5, e-3, f-9, g-1, h-10, i-2, j-8

Task 11

Key: 1) 海苔是紫菜属（红藻）的各种食用海藻的日本名字，有时称作紫菜。
2) 当今生产和加工海苔的方法是一种相当先进的农业生产方式。
3) 今天，这种商品经过种殖、加工、烘烤、包装后，以大约18厘米×21厘米(7英寸×8英寸)标准尺寸的海苔条片出售。
4) 美国市场上有几种等级的海苔出售。最常见的，也是最便宜的海苔，是从中国进口的，每片价格大约为6美分
5) 海苔通常用来包寿司卷，这是一种醋米饭卷，顶上有鱼肉等其他配料。

Task 14

Key: 1) both quality and prices satisfactory
2) 100 ~ 120G
3) FROZEN HADDOCK SKINLESS BONELESS PORTION
4) USD 0.69/KG
5) place larger orders with you

Unit 4 Find a Tofu Company in the USA

Listening

Task 5

Script:

A: Could you tell me how to make fresh soy milk?
B: Well, it's very easy. You can make it at home with traditional kitchen tools or with a soy milk machine.
A: I'd like to have a try at home. What ingredients do I need?
B: Just some dry soybeans and water to start with.
A: That sounds good. Very simple ingredients.
B: First of all, wash the dry soybeans and soak them with water about 10 hours.
A: And then?
B: Grind them with water.

A: Could you tell me what to do next?
B: Finally, heat it at the boiling point for about 15 ~ 20 minutes.
A: I see. That really sounds very easy.
B: Yes. You may serve it with salt or sugar. Then you can have a taste and enjoy it.
A: Thank you very much.
B: You are welcome.

Key: 1) dry soybeans 2) water 3) Wash 4) soak
5) Grind 6) Heat 7) Serve

Task 6

Key: 1) engineered 2) long-term 3) environment
4) labeled 5) committed 6) farming and processing

Practical Reading

Passage1 Do You Like Drinking Soy Milk?

译文

你喜欢喝豆浆吗？

豆浆（也称作豆奶、豆汁）有时叫做大豆饮料，是一种由大豆制成的饮料。它是将干豆浸泡后加水研磨而成的含油脂、水和蛋白质的稳定乳液。水和大豆的重量比例为10:1。豆浆要在沸点或接近沸点温度下持续加热煮沸15~20分钟，煮沸会改善豆浆的味道并对豆浆进行杀菌消毒。制作豆浆的最后一步是清除不溶性残渣。豆浆可以在家中用传统的厨房用具制作，也可以用豆浆机制作。

豆浆含有大约与牛奶相同比例的蛋白质，约为3.5%；同时还含有2%的脂肪和2.9%的碳水化合物。很多素食者豆浆这种食品，在许多食谱中豆浆也可当做牛奶的替代品。

豆浆通常有香草风味、巧克力风味以及原汁原味几种。虽然有些豆浆制品是加糖的，但原汁原味的豆浆不加糖。咸豆奶在中国很受欢迎，但其他国家没有这种产品。或热或冷的“甜豆浆”和“咸豆浆”都是中国传统的早餐食品，人们通常和馒头、油条、烧饼这些面食一起吃。

用豆浆的凝固蛋白质可制成豆腐，就像牛奶可做成乳酪一样。豆奶也用于制作成大豆酸奶和大豆酸乳酒。

虽然豆浆一般适用于婴幼儿，但是一些以大豆蛋白为基础的婴儿配方豆浆却主要供那些对乳糖和牛奶过敏或父母偏爱素食的孩子们饮用。

根据中国盛行的传说，豆浆是刘安为药用而开发的食品，虽然对此传说没有历史证据。这一传说见于15世纪晚期的《本草纲目》中，书中说刘安开发了豆腐，而没有提到豆浆。后来亚洲和西方国家的史书编者也把豆浆的发展归功于刘安，他们认为如果刘安不先做出豆浆就做不成豆腐。

Task 7

Key: 1) It is also referred to as soybean milk, or soy juice.
2) It can be made at home with traditional kitchen tools or with a soy milk machine.
3) “Sweet” and“ salty” soy milk.
4) Soy milk was developed by Liuan for medicinal purposes.

Task 8

Key: 1) soy drink / beverage
2) the same proportion
3) unsweetened, sweetened
4) tofu, cheese
5) yogurt, kefir

Passage 2 Tofu

译文

豆 腐

豆腐起源于古代中国。英语单词“tofu”一词来自日语词tofu，后者又衍生于汉语“豆腐”（doufu）。“豆”和“腐”的字面含意是“黄豆”和“凝乳”。豆腐是宗教信仰者素食品中重要的蛋白质来源。

将豆浆凝固并挤压所产生的凝乳就制成豆腐。虽然可以使用预制的豆浆制作豆腐，但大多数豆腐生产商先自己制作豆浆：浸泡研磨黄豆、煮沸豆浆、滤除沉渣。将煮沸豆浆中悬浮的蛋白质和油乳进行凝固是制作豆腐的最重要的环节。

豆制品分为两大类：直接由豆浆加工而成的鲜豆腐和由鲜豆腐制作而成的加工豆腐。

根据豆腐凝乳中提取的水分的含量，鲜豆腐可分为三个主要品种。

嫩豆腐：是所有鲜豆腐中水分含量最高的。它的质地极其类似于细腻的奶油蛋羹。

豆腐花/豆腐脑：经常当做小吃食用，有时可配以盐菜或辣油吃。外加切碎的洋葱、虾皮、酱油、辣酱等调味品，豆腐脑在中国是一道很受欢迎的早点。

老豆腐：虽然经过除水和挤压，这种形式的鲜豆腐中还含有大量的水分。它和生肉一样硬实，但按压后很容易复原。

由于鲜豆腐的食用方法很多，所以加工豆腐多种多样。其中一些加工豆腐的技术可能出于保存豆腐、延长其保质期的需要。其他生产技术是为了给豆腐增添具有独特的质地和风味。加工豆腐的产品有：豆腐乳、臭豆腐、五味豆腐、豆腐干、冻豆腐等。

Task 10

Key: a-7, b-1, c-5, d-2, e-8, f-3, g-4, h-6

Task 11

Key: 1) 豆腐是素食者食品中重要的蛋白质来源。

2) 豆腐由凝固豆浆并挤压由之产生的凝乳制作而成。
3) 将煮沸豆浆中悬浮的蛋白质和油乳进行凝固是制作豆腐的最重要的一步。
4) 豆制品主要分为两类：直接由豆浆加工而成的鲜豆腐和由鲜豆腐制作而成的加工豆腐。
5) 加工豆腐产品有：豆腐乳、臭豆腐、五味豆腐、豆腐干、冻豆腐。

Task 13

Key: 1. boiling of soy milk
2. collecting the films
3. drying it into yellowish sheets
4. bunching it up to stick form
5. drying it into other things

Task 14

Key: 1. In many countries in the West, tofu can be obtained in Asian markets, farmers' markets, and health food stores.
2. House Foods America Corp.
3. Locally by relatively small vendors or distributed widely by large national brands.
4. In sealed plastic cartons or tubes.
5. This is due to the fact that such factories have the facilities to meet the required sanitary conditions for production of these forms of tofu on a large scale.

Task 15

Key: a-8, b-5, c-7, d-4, e-6, f-3, g-2, h-1

Unit 5 Organic Fruits and Vegetables

Listening

Task 5

Script:

(*M = man*, *W = woman*)

W: By the way, what's your favorite fruit?
M: Apple. You know, an apple a day keeps the doctor away.

W: I prefer plum to apple.
M: Look. These plums look so fresh!
W: Don't they look like they've been waxed?
M: (*laughing*) Yeah. They are shiny, aren't they?
W: I don't think they wax fruit in my country.
M : (*looking surprised*) Like they do in other places?
W: Yeah, in America they wax the fruits you buy in most grocery stores.
M: What for?
W: You know, so that they look shiny, like these.
M: Americans are really strange, you know.

Key: 1) Apple 2) Plum 3) No, she does not. 4) Because waxed fruit looks shiny.

Task 6

Key: 1) consistently 2) results 3) developed
4) percentage 5) pesticides

Practical Reading

Passage 1 Gas Storage

译文

气 体 保 鲜 法

气控(CA)贮藏，是指改变贮藏环境中空气成分里的氧气和/或二氧化碳的比重的保鲜方法。气体含量的比率受到控制：通常做法是将氧气的含率降低，将二氧化碳的含率提高。氮气起着惰性“填充剂”的作用，还可以加入一些低浓度的其他气体。

变气(MA)贮藏与气控(CA)贮藏的原理相似，只是对气体浓度的控制没有那么精确而已。由呼吸作用产生的二氧化碳和来自干冰的二氧化碳累积起来，降低氧气的含量。

李普顿 (1975)认为：水果经气控贮藏比在空气中贮藏相同时间后有更高的商品价值时，改变新鲜农产品周围气体中氧气或二氧化碳（或两者）的浓度才是可取的。气控普遍用于延缓水果的成熟期，但是氧气和二氧化碳适量混合也会减缓疾病的传播和降低某些疾病的发生。如果贮藏时间很短或贮藏温度适宜，通常不会出现这种不良现象。

如果使用不当，气调也会妨碍所希望的后熟，诱发严重的生理紊乱和造成腐烂率的增高。每一种水果都有它自己特殊的难以预测的对气体调整的承受限度。

气控贮藏已被普遍地用于减缓水果后熟，减少病害传播，降低贮藏腐坏发生和防止失鲜和失色。这种技术的一种延伸应用是使用包鲜膜，在零售包装中形成一个微控环境。通过适当包装来改变贮藏环境所带来的好处远超过冷藏和气控的效果。

Task 7

Key: 1) Two storage methods are referred to in the passage.
2) Controlled atmosphere (CA) storage refers to the composition of the atmosphere altered from that of air in respect to the proportions of O_2 and/or CO_2.
3) Modified atmosphere (MA) storage is similar in principle to CA storage except that control of gas concentrations is less precise. Respiratory CO_2 or CO_2 derived from dry ice accumulates and O_2decreases.
4) Control of gas concentrations is less precise in modified atmosphere (MA) storage.

Task 8

Key: 1) composition 2) similar 3) retard 4) prevent 5) develop

Passage 2 Shandong Laiyang Pear

译文

山东莱阳梨

莱阳梨产于中国北方的山东省莱阳县，是山东的特产，有300多年的历史。目前，莱阳梨的种植面积约25 000亩（1亩种植面积= 1 / 15公顷），有50多万棵梨树，年产约2 500万公斤莱阳梨。

莱阳县肥沃的油沙土壤通透性好，有利于光合作用。昼夜温差大有利于储存白天通过光合作用获得的糖分。这种优越的自然条件，保证了莱阳梨的高质量和好口味。

莱阳梨形状多为倒卵形，果实大，果皮粗糙带黄绿色斑点。虽然果皮粗糙，但果肉质好，脆甜而多汁，含糖分高达9.76%并富含维生素。莱阳梨不仅是新鲜香甜的水果，还是制作莱阳梨糖浆的主要原料。莱阳梨糖浆有助于体能恢复和化痰止咳。莱阳梨也可以加工成罐头、梨膏，还可简单进行冷冻干燥和热风干燥处理等。

莱阳梨富含纤维，维生素B2，C和E，铜和钾元素。莱阳梨有丰富的果胶，是一种水溶性纤维，能有效降低胆固醇和调理肠道功能。保健医生通常提倡食用莱阳梨，因为它具有防过敏的功效，富含高纤维。和其他水果相比，食用莱阳梨产生不良反应的概率非常低，因此经常被推荐给婴儿食用。

Task 10

Key: a-10 b-9 c-8 d-7 e-6 f-5 g-4 h-3 i-2 j-1

Task 11

Key: 1) 莱阳梨是山东的特产，有300多年的历史。
2) 莱阳县肥沃的油沙土壤通透性好，有利于光合作用。
3) 莱阳梨形状多为倒卵形。
4) 莱阳梨有丰富的果胶，是一种水溶性纤维。
5) 保健医生通常提倡食用莱阳梨，因为它具有防过敏的功效，富含高纤维。

Task 12

Key:

Items	Laiyang Pear
Origin	in Laiyang County of Shangdong Province in north China
Acreage	about 25,000 mu (1 mu = 1/15 hectare)
Number of trees	more than 500,000 pear trees
Annual output	an annual output of about 25 million kilograms
Appearance	in the shape of an upside down ovum with rough and spotted yellow-green pericarp
Features	Rough of pericarp but fine of pulp; Laiyang Pear is crisp, sweet and juicy, with a sugar content as high as 9.76% and rich in vitamin.
Nutrients	It provides a good source of fiber, vitamin B_2, C, E, copper, and potassium. It is an excellent source of pectin.

Unit 6 Problems with Beans and Nuts

Listening

Task 5

Script:

(*M* = *man*, *W* = *woman*)

W: What's your favorite nut, Jack?
M: Well, I like all kinds of roasted nuts. Nuts are good for your health.
W: What kind of nuts do you like best?
M: The pumpkin seeds produced at Rizhao Nut Factory.
W: How about roasted honey peanuts?
M: Peanuts are also my favorite.
W: Do you like peanut brittle?
M: Yes, but I don't know how to cook peanut brittle?
W: Nor do I. Maybe we can ask Mary. She is good at cooking.
M: OK. Let's go to ask her.

Key: 1) roasted nuts 2) honey peanuts 3) peanut brittle 4) good at cooking

Task 6

Script:

Tainted Cadbury Chocolate Found in Hong Kong

Hong Kong says it found two Cadbury chocolate products containing considerably more of the industrial chemical melamine than the city's legal limit. The two items were among 11 Chinese-made products that have already been recalled by Cadbury in parts of Asia and the Pacific.

Baby formula containing melamine has been blamed for killing four infants and sickening more than 54,000 with kidney stones and other ailments in China. The scandal has sparked global concern about Chinese food imports and recalls in several countries of Chinese-made products including milk powders, cookies and candies.

Hong Kong's food safety agency said samples of two chocolate products made by British candy maker Cadbury at its Beijing factory contained considerably more melamine than the city's legal limit of 2.5 parts per million. Hong Kong's Centre for Food Safety said Cadbury's Dairy Milk Hazelnut Chocolate Bulk Pack contained 56 parts per million of melamine, while Dairy Milk Cookies Chocolate contained 6.9 parts per million.

Key: 1) F 2) F 3) T

Practical Reading

Passage 1 Peanuts

译文

花 生

花生起源于已经有几千年种植历史的南美。花生是阿芝特克人及生活在南美和墨西哥的土著印第安人的主要食品。西班牙和葡萄牙的探险者发现了在新大陆生长的花生，并且由海路将花生带往非洲。花生在许多非洲国家成功种植，并融入当地传统饮食文化。由于花生被视为神圣的食品，所以在奴隶贸易早期，也将花生装船运往北美。这就是花生引入该地区的过程。

在19世纪，花生在美国深受人们喜爱，这与乔治·华盛顿·喀威尔的努力是分不开的。美国内战后，种植棉花的棉田遭受棉籽象鼻虫毁坏，他建议农夫改种花生，而且还发明了三百多种制作花生的办法。如今，印度、中国、尼日利亚、印尼连同美国是主要生产花生商品的国家。

带壳的花生通常装在麻袋里或大箱里。如可能，可拣出一个花生摇晃一下，查看花生质优的两个特征。首先，按其大小掂起来有分量。其次，不应该有响声，因为有响声说明花生仁已干瘪。另外，花生壳应没有开裂，不能有黑斑和虫咬破损。

花生因高温或潮湿会发生霉变，因此去壳的花生应储存在严实密封的容器里置于冰箱或冷柜储存。在冰箱里花生可保存3个月左右，而在冰柜里储存花生则可长达6个月。储藏前不可去壳，只应在食用前或烹饪前去壳。带壳花生也可置于阴暗处保存，但置于冰箱保存可延长带壳花生的鲜香约9个月。

Task 7

Key: 1) Peanuts originated in South America where they have been growing for thousands of years.

2) In the 19th century, peanuts experienced a great gain in popularity in the US.

3) First, they should feel heavy for their size. Secondly, they should not rattle since a rattling sound suggests that the peanut kernels have dried out. Additionally, the shells should be free from cracks, dark spots and insect damage.

4) Shelled peanuts should be stored in a tightly sealed container in the refrigerator or freezer since excess exposure to heat, humidity or light will cause them to become rancid.

5) Peanuts should in their shells be kept in a cool, dry dark place, but keeping them in the refrigerator will extend their shelf life to about nine months.

Task 8

Key: 1) explorers 2) popularity 3) Additionally
4) commercial 5) humidity

Passage 2 Chocolate Processing Sequences

译文

巧克力的生产流程

可可树结的可可豆经过一个漫长而复杂的精炼过程制成为巧克力。可可豆在产地经收割、发酵、干燥处理后才能运到巧克力工厂。只有完成了这一过程之后才能打包装运。可可豆必须经过适当的发酵和干燥，因为发酵会使可可豆生成特有的芳香，而干燥可以避免可可豆在漫长的运输和储存过程中发霉。

可可豆在到达工厂后，经过烘焙，释放出浓烈的巧克力芳香气味。烘焙的时间和温度取决于可可豆的类型及其相对湿度。

可可豆经烘焙之后放入“去壳器”里去壳，剩下的是去了皮的可可豆粒，也即可可豆的精髓，全是可可粉和可可脂。

可可豆去壳后被送进搅拌机，在搅拌机里被研磨生成巧克力酒浆（酒浆一词有误导含义，因为巧克力浆不含任何酒精）。这种酒浆是制作所有巧克力产品的底料，其色香味最终与传统巧克力相似。

巧克力浆被灌入液压机用压力榨出可可脂，除去可可脂的可可粉饼经粉碎形成可可粉。

精炼是决定巧克力最终口味和质地的最后工序。“精炼机”的英文名字叫“海螺机”，因为最初的设计形状像海螺。“精炼机”在华氏110度的温度下碾压和揉捏巧克力混合料长达24~60小时。巧克力精炼过程的温度、速度和时间长短决定了巧克力最后的质地和风味，因为精炼会使巧克力搅拌均匀并减弱残存的酸性味道。

巧克力经过精炼以后放入较大的容器里进行调温，将巧克力冷却至精确温度以使其具有平滑爽口感，然后注入模具、冷却、包装、卸下生产线，运往世界各地的消费者手中。

Task 10

Key: a-4 b-1 c-6 d-3 e-7 f-5 g-2

Task 11

Key: 1) 烘焙的时间和温度取决于可可豆的类型及其相对湿度。
2) 可可豆在本地经收割、发酵、干燥处理后才能运到巧克力工厂。
3) 可可豆经烘焙之后放入“去壳器”里去壳。
4) 最后，巧克力倒入模具、冷却、包装、卸下生产线，运往世界各地的消费者手中。

Unit 7 Juice and Juicer

Listening

Task 5

Script:

A: Good afternoon, sir?
B: Good afternoon. I'm new here and I know little Chinese. Can you translate the menu, please?
A: My pleasure, sir. Here is an Chinese-English menu for you. What would you like to order, sir?
B: That's very kind of you. I'd like to have fried potatoes and fried fish.
A: Any drinks?
B: Yes, a bottle of orange juice, please.
A: Anything else?
B: No, thank you.

Questions: 1. How much does the customer know about Chinese? (B)
2. What kind of menu does the waiter give to the guest? (C)
3. What does the customer order for a drink? (A)

Task 6

Key: 1) ingredient 2) indicated 3) damages
4) reaction 5) conduct

Practical Reading

Passage 1 Juice

译文

果 汁

果汁是天然存在于水果或蔬菜组织中的液汁。它是通过机械压榨或浸软新鲜的水果和蔬菜制作的，但不加热和添加溶剂。比如，橙汁是从橙树的果实中提取的液汁。果汁可以用新鲜水果和蔬菜在家中使用手动或电动榨汁机制作。许多售卖的果汁都滤除了纤维或果肉，但新鲜的高果肉橙汁是一种受欢迎的饮料。果汁可以浓缩，有时还可以冷冻销售，这就要求饮用者加水使浓缩果汁恢复其“原有状态”。然而，一般而言，浓缩果汁跟鲜榨果汁口味明显不同。还有些果汁先复原再包装零售。果汁保存和加工的常用方法包括罐装、消毒、冷冻、蒸发和喷雾干燥。

经常饮用果汁有益健康。比如，橙汁富含维生素C、叶酸、钾，是人体可吸收的植物抗氧化剂的重要来源，能大大改善高胆固醇血症病人的血脂量。西梅汁与消化健康有关。蔓越莓汁长期以来一直被认为有助于预防或治疗膀胱感染，并且目前已知，蔓越莓中含有一种物质，能够防止细菌侵入膀胱。

可能由于公众认为果汁是一种天然营养物质和对健康有益，最近几年果汁消费量在欧洲、澳大利亚、新西兰及美国整体增长，事实上，果汁摄入一直被认为会降低患多种癌症的风险，并可能预防中风。

Task 7

Key: 1) Juice is prepared by mechanically squeezing or macerating fresh fruits or vegetables without the application of heat or solvents. For example, orange juice is the liquid extract of the fruit of the orange tree.

2) The common methods for preservation and processing of fruit juices include canning, pasteurization, freezing, evaporation and spray drying.

3) Orange juice rich in vitamin C, folic acid, potassium, is an excellent source of bio-available antioxidant phytochemicals and significantly improves blood lipid profiles in people affected with hypercholesterolemia.

4) Yes it is. Fruit juice intake has been consistently associated with reduced risk of many cancer types and might be protective against stroke.

Task 8

Key: 1) contained 2) application 3) frozen 4) preservation 5) digestive

Passage 2 Juicer

译文

榨 汁 机

榨汁机是一种榨取水果、蔬菜或麦草等水汁的工具。这个过程就是所谓的榨汁。

柑橘榨汁机用来榨取软心柑橘类水果（橙、柠檬、酸橙、葡萄柚）的果汁。它有一个锥形脊核心。将水果切成两半，并将其切面朝向榨汁机，向下按压并反复推挤水果以提取汁液，然后丢弃残余。果肉和果籽儿也能得以保留。

有一种厨房用手动产品称为“柠檬榨汁机”或“柑橘榨汁机”，或者简称“榨汁机”。该产品也有电动型号。

大部分榨汁机是电动的，与同类的人工榨汁机相比更为省力。榨汁机不同于搅拌机，它是从果肉中分离果汁。

主要有三种类型的榨汁机：使用叶片和漏勺从果肉中分离果汁的离心式榨汁机； 挤出果汁前“咀嚼”水果成果肉的咀嚼式榨汁机；以及有双齿轮先粉碎水果再按压水果的磨碎式榨汁机。

离心式榨汁机不会破坏芽草中的纤维，而咀嚼和磨碎榨汁机虽然也可以榨取芽草汁，但破坏了芽草中的纤维。

单螺旋咀嚼式榨汁机通过异型螺杆式构造在静止的滤网上压挤和粉碎水果及蔬菜，而果肉从一个分离的排放管中流出。

双轮齿榨汁机通常价格最贵，榨汁效果最好。双齿轮榨汁机利用两个金属反旋转齿轮粉碎榨汁原料。齿轮之间留有恰当的间隙，允许果汁通过齿轮间的间隙流出，而大的果肉则沿齿轮顶部排出。

Task 10

Key: a-4 b-2 c-1 d-7 e-6 f-5 g-3

Task 11

Key:
1) 榨汁机是一种榨取水果、蔬菜或麦草等水汁的工具。
2) 柑橘榨汁机用来榨取软心柑橘类水果（橙，柠檬，酸橙，葡萄柚）的果汁。
3) 大部分榨汁机是电动的，与同类的人工榨汁机相比更省力。
4) 榨汁机不同于搅拌机，它是从果肉中分离果汁。
5) 双齿轮榨汁机通常价格最贵，榨汁效果最好。

Task 14

Key: Ingredients: water, citrus fruit, sugar orange juice concentrate, food additives;
Juice content >10%;
Added fruit on average to more than 5 g/100ml;
Please keep in a cool dry place, avoid direct sunlight, taste better after refrigration;
Shake well before drinking, drink as soon as possible after opening the cover, refrigerated storage, do not drink if the seal is broken;
If a little precipitation as natural pulp ingredients, please feel at ease drinking.

Unit 8 From Tea to Wine

Listening

Task 5

Script:

Q: How long will I have to age my wine before I can drink it?

A: Your wine will be very palatable soon after you bottle it.

Q: What are the best conditions to make wine?

A: Fortunately, great wine can be made in most household environments. You don't need a lot of space.

Q: What are the best conditions to store wine?

A: If you intend to age the bottled wine for a longer time, it is important to have a cool environment with a temperature range of 50° ~ 64°F (10° ~ 18 °C). In this range, the wine will gently mature at an ideal rate.

Q: Once a wine bottle is opened, for how long is the leftover wine drinkable?

A: If you put the cork back in the bottle and put the bottle into the fridge, the wine is still drinkable for one or two days.

Key: A1: Soon after you bottle it　　A2: Household environments

A3: 50° ~ 64 °F (10 ~ 18 °C)　　A4: One or two days

Task 6

Key: 1) released　2) ranked　3) wineries　4) revenue　5) achieve

Practical Reading

Passage 1 Tea

译文

茶

茶是指茶树上面的叶片、花苞以及节间，它可用不同方法制造。“茶”还指用热水或开水泡制加工过的叶子而形成的芳香饮料，这是对茶树植物的统称。

市场上常见到的四种茶叶为红茶、乌龙茶、绿茶和白茶，它们均由同一类种植物经不同方法加工制成，不过优质的白茶种植方式不同。普洱茶，也就是双重发酵过的红茶，通常被划分为最

受欢迎的茶叶类型。

茶叶的保质期随着储藏条件和茶的类型而不同。红茶比绿茶具有更长的保质期。一些茶，如花茶，可能一个月左右就变坏。普洱茶却是个例外，普洱茶愈久弥香。茶叶储存在阴凉干燥处的密封容器内，就会保持新鲜。红茶储存在一个不透明的密闭罐中的袋子里面可以保质两年之久。绿茶变质较快，通常不到一年的时间。中国珠茶，由于它的叶子紧卷，比叶子开放的珍眉茶保存时间更长。使用干燥剂的包装材料、吸收氧气包装和真空密封，均可延长茶叶的保质期。

储存绿茶要谨慎使用冰箱或冷冻。特别是饮茶者需要对温度变化采取预防措施。储存不当可能会吸进其他食物的异味，失去茶风味，或者发霉。

Task 7

Key: 1) a.Tea refers to the agricultural products of the leaves, leaf buds, and internodes of the camellia sinensis plant, prepared and cured by various methods.

b.Tea also refers to the aromatic beverage prepared from the cured leaves by combination with hot or boiling water and is the common name for the camellia sinensis plant itself.

2) The four types of tea most commonly found on the market are black tea, oolong tea, green tea and white tea.

3) Tea stays freshest when stored in a dry, cool, dark place in an air-tight container.

4) Storage life for all teas can be extended by using desiccant packets or oxygen absorbing packets, and by vacuum sealing.

Task 8

Key: 1) aromatic 2) classified 3) varies 4) disagreeable 5) stored

Passage 2 Homemade Wine Processing

译文

如何自制葡萄酒

葡萄酒是一种酒精饮料。葡萄酒一直是众多重要场合的组成部分。葡萄酒是将葡萄发酵加入白糖、酸性物质和酶素酿成的。居家自制葡萄酒是一个乐事，并且非常简单有趣。您可以使用不同的水果，添加不同的口味。

1. 从可以自采的葡萄园或果园获取新鲜葡萄。另一种办法是从当地酿酒商店购买浓缩葡萄汁。

2. 购买家用酿酒设备。这些设备包括发酵气泡阀、细颈坛、塑料漏斗、虹吸管和带软木塞的葡萄酒瓶。

3. 准备所需要的配料，以给葡萄酒增添独特的风味和口味。这些配料有酵母、果胶酶、葡萄酒单宁和坎普登药片等。

4. 捏碎葡萄粒去梗，放入塑料桶，除去果肉和果皮。

5. 加糖。

6. 把葡萄汁放入玻璃发酵罐，盖上发酵锁。放置二十四小时。

7. 加入酵母发酵七天。

8. 七天后，利用虹吸法，将葡萄酒汁倒入二次发酵器进行二次发酵。

9. 加水，大约四至六周时间二次发酵基本完成，酒液变得清澈，采用虹吸法将酒液倒入其他容器，加入粉碎的坎普登药片。

10. 装瓶老熟。

如今，在市场上最好的葡萄酒是自制的。自制葡萄酒既美味又便宜。任何人都可以按照上面10个基本步骤制作葡萄酒。

Task 10

Key: a-6 b-4 c-7 d-8 e-1 f-2 g-5 h-3

Task 11

Key: 1) 葡萄酒是将葡萄发酵加入白糖、酸性物质和酶素酿成的。

2) 购买家用酿酒设备。这些设备包括发酵气泡阀、细颈坛、塑料漏斗、虹吸管和带软木塞的葡萄酒瓶。

3) 准备所需要的配料，以给葡萄酒增添独特的风味和口味。这些配料有酵母、果胶酶、葡萄酒单宁和坎普登药片等。

4) 把葡萄汁放入玻璃发酵罐，盖上发酵锁。放置二十四小时。

5) 七天后，利用虹吸法，将葡萄酒汁倒入二次发酵器进行二次发酵。

Task 12

Key: **Harvest** — The grapes are picked when they are ripe, usually as determined by taste and sugar readings.

Stemmer / Crusher — This removes the stems from the grape bunches, and crushes the grapes (but does not press them) so that they are exposed to the yeast for fermenting, and so the skins can better impart color to the wine.

Fermentation — Yeast turn the sugar in the wine primarily into carbon dioxide, heat and alcohol.

Maceration — This is how long the must (juice and grape solids) is allowed to sit, picking up flavor, color and tannin. Too long and the wine is bitter, to short and it is thin.

Pumping Over — Skin and other solids float to the top, and need to be pushed back down to stay in contact with the must. This “cap” can be punched down with a tool, or you can pump must form the bottom over the cap and submerge it that way.

End of Maceration — The winemaker must decide if the must has sat long enough.

Remove Free Run — The best quality wine is made just from the juice portion of the must. It is removed and the rest of the drier must (now called pomace) is sent to the next step.

Press — This squeezes the remaining juice out of the pomace. If you do it too hard, or too many times, you get low quality wine.

Settle — The juice, now wine, needs to settle after this ordeal.

Rack(ing) — Moving the wine from one barrel to a new barrel allows you to leave solids

and anything that might cloud the wine, behind.

Malo-Lactic Fermentation — This secondary fermentation can turn the tart malic acid (of green apples) into the softer lactic acid (of milk). Many, but not all red wines go through this step.

Oak Aging — Oak is expensive, if the wine is not meant to age for years, the winery may put the wine in oak for only a short time, or not at all.

Fining — A process that helps to remove anything that may be making the wine cloudy.

Filtering — A process that removes any fining agents, or other undesirable elements in the wine.

Bottling — This is done carefully so that the wine does not come in contact with air. Finer wines may be stored for several years in bottles before they are released.

Simulated Writing

Task 13

Key: White tea: Wilted and unoxidized
Yellow tea: Unwilted and unoxidized, but allowed to yellow
Green tea: Unwilted and unoxidized
Oolong: Wilted, bruised, and partially oxidized
Black tea: Wilted, sometimes crushed, and fully oxidized
Post-fermented tea: Green tea that has been allowed to ferment/compost

Task 14

Key:

a. Xihu Longjing	b. Hui Ming	c. Long Ding
d. Hua Ding	e. Qing Ding	f. Gunpowder